

# Mugg and Bean Recipes

Chinese chicken salad

R25.50

## **Ingredients**

120g      Marinated chicken breast\*  
Salad greens  
Cucumber sticks  
Avocado pieces  
Glass noodles  
Oriental dressing\*  
Tomato wedges

## **Method**

- In Pasta bowl place salad greens & top with chicken pieces.
- Place cucumber and avocado around sides.
- Add oriental dressing & garnish with glass noodles.



# Mugg and Bean

## Recipes

Italian Salad with Crostini

R19.50

### Ingredients

- |          |   |
|----------|---|
|          | Mixed salad greens (30% ice berg lettuce the rest mixed leaves) |
| 3 slices | Salami  |
| 2 slices | White cheese rolled   |
| 3 slices | Pecarino thin   |
|          | Sun dried tomato  |
|          | Tomato  |
|          | Onions very thinly sliced                                       |
|          | Olives  |
|          | Cucumber sticks   |
| 6        | Crostini cheesed and uncheesed                                  |
|          | Balsamic dressing   |
| 1        | Egg   |
|          | Carrots julienne  |

### Method

- First make your crostini, 3 plain, 3 with melted pecorino cheese.
- Assemble all the salad greens.
- Add all the bits and pieces as per photo.
- Add the balsamic dressing last.



# Mugg and Bean Recipes

Chicken salad

R25.50

## **Ingredients**

- |      |                                |
|------|--------------------------------|
| 140g | Smoked chicken pieces          |
|      | Lettuce greens                 |
|      | Tomato & Onion slices          |
|      | Cucumber sticks                |
|      | Sun dried tomatoes             |
|      | Branston Pickle mayo           |
|      | Lemon and poppy seed dressing  |
| 3    | Rolls mozzarella cheese        |
| 4    | Crostini using French baguette |

## **Method**

- Toast the baguette crostini first.
- Assemble as per photo



# Mugg and Bean Recipes

House salad with Honey mustard dressing

R17.50

## Ingredients

Salad greens (30% ice berg lettuce 70% mixed leaves)

Tomato

Onions

Cucumber

Honey mustard dressing\*

6 Olives

6 Slices avocado

## Method

Prepare in a pasta bowl

Prepare and plate as per photograph.



# Mugg and Bean

## Recipes

### **MIXED LETTUCE AND SMOKED SALMON SALAD**

**R23.50**

#### **INGREDIENTS:**

- 40g Smoked salmon
- 2 Slices rye bread
- 1 Full green salad (see house salad)
- Green goddess dressing (see method)
- 4 Slices dill cucumber

#### **METHOD FOR GREEN GODDESS DRESSING:**

Chop up 1/2-cup parsley mixed with chopped dill to one cup of honey mustard dressing.

#### **METHOD FOR MAIN DISH**

Place salmon onto buttered rye and slice into fingers. Arrange salmon fingers into green salad

Garnish with a little parsley & a lemon wedge.



# Mugg and Bean Recipes

Waldoff salad

R22.50

## Ingredients

1 slice whole wheat bread.  
80g Smoked chicken  
35g Mayo  
50g Onion Marmalade  
1 Apple  
20g Raisins  
20g Pecan nuts  
60ml Yogurt  
30g Celery

## Method for the salad.

Combine the apples, celery and yogurt together. The apples must be skinless and dices.  
Garnish with pecan nuts

## Method for the sandwich.

Toast the whole wheat bread. Top With smoked chicken and onion marmalade.  
See photo for plating details

Garnish.

- A wedge of tomato and chopped parsley.





